

BEREAVEMENT ADVICE

LIVING WITH RARE GRIEF

GUIDANCE FROM THE RARE REVOLUTIONARIES COMMUNITY:
INSIGHTS FOR COPING WITH GRIEF FROM INDIVIDUALS AND FAMILIES
WHO HAVE TREAD THE PATH AHEAD

1 The gift of time

While we know that time doesn't heal all and doesn't erase the pain, it is true that time will make grief easier to live with. There will be brighter days ahead, and time will soften the rawness. Be patient, and allow yourself time to process and find your new normal.

2 One day at a time

Don't look too far ahead into the future—trying to make big plans can be overwhelming. Focus one day at a time to keep moving forward. Don't feel pressure to make big plans or decisions in the early days—they can wait.

3 There are no rules

There are no set rules or handbook to grief. Everyone's experiences and feelings will be different so follow your own path. Don't place judgement and expectations on yourself about how you are feeling. If you can't cry that is ok and if you can't stop that is also ok.

4 Safe care is vital

Do things that make you feel even the slightest bit lighter, go for a walk, go to dinner, see a movie. Find ways to get important head space either alone or with trusted friends. Remember it is vital to take care of yourself help you through the days and weeks ahead. Be kind to yourself.

5 Keep talking

Try not to bottle things up, talking is helpful in many ways—to process your emotions, help keep your loved ones memories fresh and to help keep you connected and in the present with others around you.

6 Acceptance

Life is going to be different and what acceptance looks like is personal to you, as is how you get there. Respect your own process and that of others around you, who will also be feeling their own way around achieving acceptance.

7 Outside perspective

Sometimes others around you can feel too close and it can be helpful to speak to someone outside of your situation. There is no shame reaching out to others or seeking the services of a professional to help you unpick your feelings.

8 The bonds that last

Remember that time and death do not sever the ties nor take away your significance to each other. You will always will be their mum, dad, brother, sister, family and friend and don't be afraid to acknowledge this with pride!

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